

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity, Exercise or Sport on the Previous Day (N=1,216)

Yesterday, about how many minutes were you physically active doing moderate or vigorous activities such as basketball, dancing, soccer, or brisk walking?

	One Hour or More of Moderate or Vigorous Physical Activity Yesterday, Percent of Adolescents ¹	Mean Minutes of Moderate and Vigorous Physical Activity Yesterday, Percent of Adolescents ²
Total	42.1	62.4
Gender		
Male	50.6 ***	76.6 ***
Female	33.2	47.4
Ethnicity		
White	43.0 ***	67.9 ^a *
African American	58.4	70.9 ^a
Latino	42.7	56.8 ^a
Asian/Other	29.4	59.0 ^a
Gender by Age		
Male		
12-13	44.6	68.1 ^a **
14-15	53.9	89.7 ^b
16-17	52.4	68.7 ^a
Female		
12-13	32.2	43.9 ^{ab} *
14-15	38.1	54.5 ^a
16-17	26.9	40.8 ^b
Income		
<\$15,000	44.0	62.4
\$15,000 - \$24,999	42.5	57.1
\$25,000 - \$34,999	44.5	65.2
\$35,000 - \$49,999	40.5	58.1
\$50,000 - \$74,999	42.1	69.1
≥ \$75,000	42.0	64.9
CalFresh Status, % FPL³		
Participant	41.6	55.5
Likely Eligible ≤ 130%	46.5	68.1
Participant	41.9	64.9
Smoking Status		
Non-Smoker	41.8	60.5 ***
Smoker	47.6	92.1
Physical Activity Status		
Regular	56.0 ***	79.9 ***
Irregular	19.6	33.9
Overweight Status		
Not Overweight	42.4	63.8
Overweight/Obese	43.9	63.5

A box around a group of numbers signifies that differences observed within this group are statistically significant.

¹Chi Square Test

²ANOVA

* p<.05, ** p<.01, *** p<.001

³Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 37: Days in the Past Week Reporting Muscle-Strengthening Exercise Among California Adolescents (N=1,218)

On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	Number of Days Adolescent Reported Muscle Strengthening Exercise in the Past Week, Percent of Adolescents			
	0-1	2-3	4+	
Total	32.5	27.8	39.7	
Gender				
Male	22.5	25.5	52.0	***
Female	43.2	30.1	26.7	
Ethnicity				
White	30.5	24.1	45.4	**
African American	36.8	15.7	47.5	
Latino	33.8	32.0	34.2	
Asian/Other	32.4	31.9	35.7	
Gender by Age				
Male				
12-13	30.8	24.4	44.8	*
14-15	16.6	27.2	56.2	
16-17	21.4	24.5	54.1	
Female				
12-13	46.4	26.9	26.7	
14-15	41.6	32.0	26.4	
16-17	42.0	30.9	27.1	
Income				
<\$15,000	31.1	28.3	40.6	
\$15,000 - \$24,999	29.4	27.6	43.0	
\$25,000 - \$34,999	31.9	35.5	32.6	
\$35,000 - \$49,999	36.5	27.7	35.8	
\$50,000 - \$74,999	39.7	17.2	43.0	
≥ \$75,000	31.8	27.2	41.0	
CalFresh Status, % FPL¹				
Participant	29.0	30.6	40.4	
Likely Eligible ≤ 130%	36.3	27.9	35.8	
Not Eligible > 185%	32.1	26.1	41.8	
Smoking Status				
Non-Smoker	33.2	28.1	38.7	*
Smoker	22.3	22.6	55.1	
Physical Activity Status				
Regular	22.9	28.9	48.2	***
Irregular	48.4	25.9	25.8	
Overweight Status				
Not Overweight	30.0	28.7	41.3	
Overweight/Obese	36.7	25.5	37.7	

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 38: Distribution of California Adolescents' Perceived Duration of Moderate and Vigorous Physical Activity Needed for Maintaining Good Health (N=1,218)

About how many minutes do you think you should exercise or be physically active each day for good health? This includes all activities like bicycling, dancing, and playing basketball that you do at school, at home, and anywhere else you get exercise.

	Minutes of Physical Activity Believed Needed, Percent of Adolescents			
	0 to 29 minutes	30 to 59 minutes	60+ minutes	
Total	5.4	30.4	64.2	
Gender				
Male	6.5	22.9	70.6	***
Female	4.3	38.5	57.2	
Ethnicity				
White	4.5	26.7	68.9	***
African American	20.6	33.2	46.2	
Latino	4.2	33.6	62.3	
Asian/Other	3.7	30.1	66.2	
Gender by Age				
Male				
12-13	5.6	23.3	71.1	
14-15	7.1	22.4	70.5	
16-17	6.7	23.0	70.3	
Female				
12-13	4.1	37.2	58.8	*
14-15	6.3	34.5	59.2	
16-17	1.3	46.2	52.4	
Income				
<\$15,000	2.1	33.8	64.0	***
\$15,000 - \$24,999	13.2	30.1	56.8	
\$25,000 - \$34,999	5.3	30.9	63.9	
\$35,000 - \$49,999	2.6	30.5	66.9	
\$50,000 - \$74,999	4.2	36.3	59.5	
≥ \$75,000	4.7	25.6	69.7	
CalFresh Status, % FPL¹				
Participant	4.5	33.8	61.6	*
Likely Eligible ≤ 130%	8.1	30.3	61.6	
Not Eligible > 185%	4.4	27.2	68.4	
Smoking Status				
Non-Smoker	5.5	31.3	63.2	*
Smoker	4.1	15.1	80.8	
Physical Activity Status				
Regular	4.5	25.9	69.5	***
Irregular	6.9	37.8	55.2	
Overweight Status				
Not Overweight	4.3	30.6	65.1	
Overweight/Obese	6.9	30.4	62.7	

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 39: Participation in School Physical Education and Organized Sports Among California Adolescents (N=1,220)

Do you currently take physical education class in school?

In an average week when you are in school, on how many days do you go to physical education (PE) classes?

In a typical PE class, how many minutes do you usually spend actually exercising or playing sports?

Other than physical education class, are you currently involved in any team or individual sports or activities, such as school team sports, intramural sports, or out-of school programs?

	Percent of Adolescents			
	Taking Physical Education in School ¹	Involved in Organized Sports ¹	Reported Days of Physical Education per Week ^{2,3} (N=896)	Reported Minutes of Physical Education per Class ^{2,3} (N=887)
Total	73.1	66.1	4.3	45.5
Gender				
Male	75.1	68.3	4.5 ***	44.2 *
Female	71.0	63.8	4.1	47.0
Ethnicity				
White	70.3 ***	70.1 ***	4.1 ^a **	46.2
African American	53.3	86.2	4.3 ^{ab}	42.3
Latino	76.9	58.4	4.4 ^b	44.8
Asian/Other	80.3	66.5	4.4 ^b	47.2
Gender by Age				
Male				
12-13	94.4 ***	67.4	4.5	42.6 ^a *
14-15	83.4	71.8	4.5	43.5 ^a
16-17	45.2	64.8	4.5	49.2 ^b
Female				
12-13	94.1 ***	65.3 **	4.0 ^a ***	44.0 ^a *
14-15	75.6	70.3	4.3 ^b	50.1 ^b
16-17	39.8	52.7	3.7 ^a	45.7 ^{ab}
Income				
<\$15,000	71.6	58.9 **	4.3 ^{ab} **	44.0 ^a *
\$15,000 - \$24,999	71.4	63.3	4.4 ^{ab}	43.6 ^a
\$25,000 - \$34,999	82.9	55.2	4.3 ^{ab}	50.8 ^a
\$35,000 - \$49,999	69.5	61.6	4.6 ^a	43.3 ^a
\$50,000 - \$74,999	71.0	70.0	4.5 ^{ab}	48.5 ^a
≥ \$75,000	72.7	72.0	4.1 ^b	45.5 ^a
CalFresh Status, % FPL⁴				
Participant	74.9	57.8 ***	4.4	44.5
Likely Eligible ≤ 130%	71.7	59.2	4.4	48.4
Not Eligible > 185%	72.6	73.0	4.2	45.5
Smoking Status				
Non-Smoker	75.0 ***	65.7	4.3	45.6
Smoker	45.0	72.3	4.5	44.7
Physical Activity Status				
Regular	72.5	71.7 ***	4.3	47.2 **
Irregular	74.1	56.9	4.3	42.8
Overweight Status				
Not Overweight	75.2 ***	68.8 **	4.3	45.0
Overweight/Obese	65.5	60.8	4.3	47.1

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

¹Chi Square Test

²ANOVA

* p<.05, ** p<.01, *** p<.001

³Of those taking Physical Education

⁴Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 39a: Percent of Adolescents Participating in Physical Education Classes Daily (N=886)

Do you currently take physical education class in school?

In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	Take Physical Education Class Daily, Percent of Adolescents ¹	
Total	66.5	
Gender		
Male	75.3	***
Female	56.7	
Ethnicity		
White	60.4	**
African American	59.1	
Latino	70.5	
Asian/Other	73.1	
Gender by Age		
Male		
12-13	78.7	
14-15	73.0	
16-17	73.2	
Female		
12-13	54.0	**
14-15	64.3	
16-17	42.3	
Income		
<\$15,000	65.2	**
\$15,000 - \$24,999	73.8	
\$25,000 - \$34,999	64.5	
\$35,000 - \$49,999	81.9	
\$50,000 - \$74,999	74.0	
≥ \$75,000	60.3	
CalFresh Status, % FPL²		
Participant	67.6	
Likely Eligible ≤ 130%	71.2	
Not Eligible > 185%	63.8	
Smoking Status		
Non-Smoker	66.4	
Smoker	69.2	
Physical Activity Status		
Regular	66.9	
Irregular	65.8	
Overweight Status		
Not Overweight	65.6	
Overweight/Obese	68.6	

¹Of those taking Physical Education

²Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 39b: Daily Participation in Physical Education Among All California Adolescents (N=1,219)

Do you currently take physical education class in school?

In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	Take Physical Education Daily, Percent of Adolescents	
	Out of all Adolescents	Out of those Taking Physical Education (N=886)
Total	48.5	66.5
Gender		
Male	56.3	75.3 ***
Female	40.2	56.7
Ethnicity		
White	42.4	60.4 ***
African American	31.5	59.1
Latino	53.7	70.5
Asian/Other	58.7	73.1
Gender by Age		
Male		
12-13	73.9	78.7 ***
14-15	60.9	73.0
16-17	32.7	73.2
Female		
12-13	50.5	54.0 ***
14-15	48.6	64.3
16-17	16.8	42.3
Income		
<\$15,000	46.4	65.2
\$15,000 - \$24,999	52.4	73.8
\$25,000 - \$34,999	52.7	64.5
\$35,000 - \$49,999	57.0	81.9
\$50,000 - \$74,999	52.5	74.0
≥ \$75,000	43.9	60.3
CalFresh Status, % FPL¹		
Participant	50.6	67.6
Likely Eligible ≤ 130%	50.3	71.2
Not Eligible > 185%	46.3	63.8
Smoking Status		
Non-Smoker	49.6	66.4 **
Smoker	31.2	69.2
Physical Activity Status		
Regular	48.4	66.9
Irregular	48.6	65.8
Overweight Status		
Not Overweight	49.1	65.6
Overweight/Obese	45.0	68.6

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40: Amount of Time Spent Watching Television and Using Computers Among California Adolescents (N=1,213)

On an average school day, how many hours do you watch TV, videos, or DVDs?

On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.

On an average school day, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at computer at school.

	Mean Minutes Spent Watching TV/Playing Video Games	Mean Minutes Spent on Computer for Non-School Work	Mean Minutes Spent Doing Homework on the Computer
Total	106.6	79.5	54.6
Gender			
Male	105.6	83.4	52.3
Female	107.7	75.4	57.0
Ethnicity			
White	84.4 ^b ***	77.2 ^a *	47.8 ^a ***
African American	111.9 ^{ab}	110.6 ^b	80.9 ^b
Latino	127.8 ^a	76.1 ^a	50.3 ^a
Asian/Other	103.9 ^b	79.2 ^a	71.0 ^b
Gender by Age			
Male			
12-13	101.7	85.5	34.1 ^a ***
14-15	105.4	79.0	62.5 ^b
16-17	109.7	86.8	57.9 ^b
Female			
12-13	108.0 ^{ab} *	60.1 ^a ***	48.6 ^a ***
14-15	96.5 ^a	70.4 ^a	52.2 ^a
16-17	123.9 ^b	99.4 ^b	72.8 ^b
Income			
<\$15,000	126.4 ^a ***	76.2	55.9 ^{ab} **
\$15,000 - \$24,999	131.4 ^a	81	44.9 ^b
\$25,000 - \$34,999	126.3 ^a	67.2	68.0 ^a
\$35,000 - \$49,999	107.3 ^{ab}	68.4	48.2 ^{ab}
\$50,000 - \$74,999	102.2 ^{ab}	88.0	42.6 ^b
≥ \$75,000	82.4 ^b	82.6	56.3 ^{ab}
CalFresh Status, % FPL¹			
Participant	123.2 ^a ***	79.4	51.5
Likely Eligible ≤ 130%	132.7 ^a	72.9	51.4
Not Eligible > 185%	85.4 ^b	83.2	52.8
Smoking Status			
Non-Smoker	104.9 *	77.5 **	55.9 **
Smoker	132.0	109.6	34.6
Physical Activity Status			
Regular	100.6 **	74.6 *	56.3
Irregular	116.4	87.5	51.7
Overweight Status			
Not Overweight	100.2 **	80.4	55.4
Overweight/Obese	119.5	79.4	53.8

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40a: Proportion of California Adolescents Meeting Healthy People 2010 Television Viewing Recommendation (N=1,216)

On an average school day, how many hours do you watch TV, videos, or DVDs?

	Met Healthy People 2010 Recommendation for 2 hours or Less TV Watching on a School Day, Percent of Adolescents	
Total	75.0	
Gender		
Male	78.5	**
Female	71.3	
Ethnicity		
White	82.9	***
African American	70.8	
Latino	66.4	
Asian/Other	80.2	
Gender by Age		
Male		
12-13	81.1	
14-15	80.6	
16-17	73.1	
Female		
12-13	71.6	***
14-15	78.7	
16-17	60.3	
Income		
<\$15,000	70.6	***
\$15,000 - \$24,999	62.1	
\$25,000 - \$34,999	69.0	
\$35,000 - \$49,999	73.2	
\$50,000 - \$74,999	77.4	
≥ \$75,000	83.2	
CalFresh Status, % FPL¹		
Participant	71.7	***
Likely Eligible ≤ 130%	62.4	
Not Eligible > 185%	82.7	
Smoking Status		
Non-Smoker	75.8	*
Smoker	63.1	
Physical Activity Status		
Regular	79.3	***
Irregular	68.0	
Overweight Status		
Not Overweight	76.9	*
Overweight/Obese	70.2	

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40b: Prevalence of California Adolescents Having Televisions in Their Bedrooms (N=1,220)

Is there a television in the room where you sleep?

	Have a Television in Bedroom, Percent of Adolescents
Total	49.7
Gender	
Male	56.5 ***
Female	42.5
Ethnicity	
White	37.8 ***
African American	72.5
Latino	63.4
Asian/Other	31.2
Gender by Age	
Male	
12-13	55.2
14-15	56.5
16-17	57.9
Female	
12-13	41.7
14-15	39.0
16-17	48.3
Income	
<\$15,000	68.3 ***
\$15,000 - \$24,999	63.2
\$25,000 - \$34,999	51.3
\$35,000 - \$49,999	52.7
\$50,000 - \$74,999	52.9
≥ \$75,000	32.8
CalFresh Status, % FPL¹	
Participant	68.0 ***
Likely Eligible ≤ 130%	59.5
Not Eligible > 185%	36.2
Smoking Status	
Non-Smoker	49.9
Smoker	47.2
Physical Activity Status	
Regular	52.0 *
Irregular	45.9
Overweight Status	
Not Overweight	45.7 ***
Overweight/Obese	57.8

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40d: Parental Limits on Screen Time Among California Adolescents (N=1,216)

On school days, do your parents or adults you live with limit how much time you spend watching television or videos, playing video or computer games, or being on the computer that is not for school work?

	Parents Limit Non-Academic Screen Time on School Days, Percent of Adolescents
Total	53.8
Gender	
Male	58.4 **
Female	49.0
Ethnicity	
White	59.3 ***
African American	49.0
Latino	55.7
Asian/Other	36.3
Gender by Age	
Male	
12-13	67.8 **
14-15	57.9
16-17	49.5
Female	
12-13	61.0 ***
14-15	50.6
16-17	33.9
Income	
<\$15,000	49.5
\$15,000 - \$24,999	58.2
\$25,000 - \$34,999	48.4
\$35,000 - \$49,999	59.0
\$50,000 - \$74,999	51.7
≥ \$75,000	55.5
CalFresh Status, % FPL¹	
Participant	53.6
Likely Eligible ≤ 130%	51.1
Not Eligible > 185%	55.2
Smoking Status	
Non-Smoker	53.9
Smoker	52.9
Physical Activity Status	
Regular	58.9 ***
Irregular	45.5
Overweight Status	
Not Overweight	54.9
Overweight/Obese	52.6

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 41: Duration of Time Spent Sitting During a Typical School Day Among California Adolescents (N=1,198)

Think about all the time you spend on a typical school day sitting doing things like watching TV, reading, sitting in class, doing homework, or using a handheld device or cell phone. How many hours a day would you say you spend sitting?

	Mean Hours Sitting Per Day	
Total	5.9	
Gender		
Male	5.7	**
Female	6.2	
Ethnicity		
White	6.7 ^b	***
African American	4.8 ^a	
Latino	5.4 ^a	
Asian/Other	5.8 ^a	
Gender by Age		
Male		
12-13	5.2 ^a	**
14-15	5.6 ^{ab}	
16-17	6.2 ^b	
Female		
12-13	5.3 ^a	***
14-15	6.4 ^b	
16-17	6.8 ^b	
Income		
<\$15,000	5.6 ^{ab}	***
\$15,000 - \$24,999	5.1 ^a	
\$25,000 - \$34,999	5.1 ^a	
\$35,000 - \$49,999	5.8 ^{abc}	
\$50,000 - \$74,999	6.4 ^{bc}	
≥ \$75,000	6.6 ^c	
CalFresh Status, % FPL¹		
Participant	5.4 ^a	***
Likely Eligible ≤ 130%	5.4 ^a	
Not Eligible > 185%	6.6 ^b	
Smoking Status		
Non-Smoker	5.8	***
Smoker	7.5	
Physical Activity Status		
Regular	5.7	***
Irregular	6.3	
Overweight Status		
Not Overweight	5.8	*
Overweight/Obese	6.3	

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 42: Barriers to Getting More Physical Activity Among California Adolescents (N=992)

What is the main reason you don't get more exercise or physical activity?

	Barriers to Getting More Physical Activity, Percent of Adolescents					
	No Time	Too Tired	Already Get Enough	Lazy	Too Busy	Other ¹
Total	26.1	16.3	14.4	8.9	7.4	27.0
Gender						
Male	28.1	9.6	14.6	12.5	5.9	29.3
Female	24.2	22.5	14.2	5.5	8.7	24.9
Ethnicity						
White	28.8	13.2	15.3	8.8	9.8	24.1
African American	14.8	14.5	10.3	19.9	4.5	35.9
Latino	22.6	17.2	12.6	9.7	7.6	30.3
Asian/Other	33.2	22.0	18.5	2.7	1.7	22.0
Gender by Age						
Male						
12-13	23.8	9.4	10.5	25.2	7.4	23.6
14-15	28.8	10.1	19.9	7.6	6.1	27.5
16-17	31.8	9.1	12.6	5.2	4.1	37.3
Female						
12-13	31.0	9.8	14.2	6.7	8.3	30.0
14-15	16.3	31.9	16.7	7.2	8.4	19.5
16-17	28.8	21.2	10.7	1.9	9.7	27.6
Income						
<\$15,000	18.6	20.7	8.4	9.4	6.0	36.9
\$15,000 - \$24,999	25.0	19.3	14.1	11.4	10.3	19.9
\$25,000 - \$34,999	26.9	30.5	7.8	10.8	3.0	21.0
\$35,000 - \$49,999	15.2	24.6	15.0	9.1	9.3	26.8
\$50,000 - \$74,999	29.0	12.0	14.3	3.4	7.6	33.8
≥ \$75,000	33.0	9.1	16.9	8.9	7.8	24.4
CalFresh Status, % FPL²						
Participant	15.9	22.0	9.1	13.5	10.2	29.4
Likely Eligible ≤ 130%	26.0	22.3	12.3	8.5	4.4	26.6
Not Eligible > 185%	30.9	11.0	15.9	7.7	7.8	26.6
Smoking Status						
Non-Smoker	26.8	14.3	15.3	9.0	7.7	26.9
Smoker	14.8	47.7	0.0	6.5	1.8	29.2
Physical Activity Status						
Regular	21.1	13.6	16.9	11.5	5.9	31.0
Irregular	32.5	19.6	11.2	5.5	9.2	22.0
Overweight Status						
Not Overweight	27.7	16.1	13.9	9.6	7.5	25.2
Overweight/Obese	23.2	17.8	15.8	7.2	7.3	28.7

¹Other includes the following responses: don't think about it, too expensive, don't want to get sick from eating too much, not important, don't want to gain weight, too much sugar, allergic, and poor quality.

²Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 44: Cross Tabulation of Time Spent in Physical Activity by California Adolescents with Belief About How Much Physical Activity is Needed (N=1,196)

About how many minutes do you think you should exercise or be physically active each day for good health?

Yesterday, about how many minutes were you physically active doing moderate or vigorous activities such as basketball, dancing, soccer, or brisk walking? Include ALL activities, such as PE class or classes outside of school.

Minutes Thought Were Needed	Believed Amount Needed, Percent of Adolescents	Time in Minutes Spent in Physical Activity, Percent of Adolescents		
		Less than 30	30-59	60+
Less than 30	5.4	42.1	28.0	29.9
30-59	30.4	38.7	29.0	32.3
60+	64.2	26.5	25.1	48.3

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 111a: Days in the Last Seven Days Teens Were Active on School Grounds in an After School Program (N=1,196)

Next I would like to ask you about the kinds of places you might be physically active. In the past 7 days, how many days did you participate in physical activity or sports on school grounds during after school programs?

	Days in Last 7 Days Teens Were Active in an After School Program, Percent of Teens			
	0	1-2	3-4	5+
Total	59.2	10.6	10.0	20.2
Gender				
Male	54.9	8.4	10.1	26.6
Female	63.8	12.9	9.8	13.5
Ethnicity				
White	58.3	8.6	11.6	21.5
African American	67.0	4.9	1.2	26.9
Latino	59.4	12.8	12.3	15.5
Asian/Other	57.0	12.4	4.0	26.7
Gender by Age				
Male				
12-13	62.5	7.6	11.9	18.0
14-15	44.6	10.5	11.3	33.5
16-17	59.8	6.5	6.8	26.8
Female				
12-13	67.8	10.0	8.5	13.7
14-15	62.9	12.9	10.7	13.5
16-17	60.9	15.9	10.1	13.2
Income				
<\$15,000	63.1	10.8	8.0	18.1
\$15,000 - \$24,999	65.6	13.3	6.9	14.3
\$25,000 - \$34,999	53.7	13.7	12.5	20.2
\$35,000 - \$49,999	58.5	13.2	13.9	14.4
\$50,000 - \$74,999	66.2	4.4	9.9	19.5
≥ \$75,000	52.3	10.3	11.0	26.3
CalFresh Status, % FPL¹				
Participant	63.2	12.4	8.6	15.9
Likely Eligible ≤ 130%	59.0	12.4	9.7	18.8
Not Eligible > 185%	54.0	9.9	11.3	24.7
Smoking Status				
Non-Smoker	59.5	9.9	10.5	20.1
Smoker	54.7	19.9	2.9	22.5
Physical Activity Status				
Regular	51.6	7.9	11.6	28.9
Irregular	71.5	14.9	7.3	6.3
Overweight Status				
Not Overweight	59.1	9.9	10.4	20.6
Overweight/Obese	60.0	12.1	10.0	17.9

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 111b: Days in the Last Seven Days Teens Were Active on School Grounds Outside of After School Programs (N=1,217)

In the past 7 days, how many days did you participate in physical activity or sports on school grounds after school not as part of a program?

	Days in Last 7 Days Teens Were Active on School Grounds Outside of After School Programs, Percent of Teens			
	0	1-2	3-4	5+
Total	65.9	13.3	9.0	11.8
Gender				
Male	62.5	12.9	9.7	14.9
Female	69.5	13.8	8.3	8.4
Ethnicity				
White	75.3	8.5	5.0	11.3
African American	66.3	12.3	9.1	12.3
Latino	58.0	14.6	15.1	12.3
Asian/Other	62.4	23.5	2.9	11.3
Gender by Age				
Male				
12-13	58.3	18.7	8.9	14.1
14-15	62.8	8.8	13.2	15.3
16-17	66.4	12.1	6.3	15.3
Female				
12-13	60.9	18.6	13.2	7.4
14-15	75.3	6.4	8.6	9.8
16-17	70.1	19.6	2.8	7.5
Income				
<\$15,000	57.2	16.9	12.2	13.6
\$15,000 - \$24,999	56.9	16.0	12.4	14.7
\$25,000 - \$34,999	70.7	7.2	15.2	7.0
\$35,000 - \$49,999	58.1	12.9	13.1	15.9
\$50,000 - \$74,999	78.7	4.8	3.2	13.2
≥ \$75,000	69.0	15.2	5.1	10.7
CalFresh Status, % FPL¹				
Participant	52.6	15.4	16.0	16.0
Likely Eligible ≤ 130%	65.5	12.5	12.0	10.1
Not Eligible > 185%	70.8	13.7	4.0	11.5
Smoking Status				
Non-Smoker	65.7	12.8	9.4	12.1
Smoker	68.3	21.3	3.3	7.1
Physical Activity Status				
Regular	60.5	11.6	11.0	16.9
Irregular	74.6	16.1	5.8	3.4
Overweight Status				
Not Overweight	67.4	12.4	6.9	13.2
Overweight/Obese	64.2	12.9	13.5	9.4

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001